Food Triggers and Tips

When you suffer from persistent heartburn on two or more days a week, what you eat, how much you eat, and when you eat can all affect how you feel. Therefore, it may be helpful to set up an eating plan. Talk to your health care professional. Here's how to get started:

Identify and Avoid Your Food Triggers

1. You can keep track of what foods aggravate your symptoms simply by using your food diary to record what you eat. If you notice symptoms after eating certain foods, chances are those foods aggravate your particular condition. Therefore, it's best to limit or avoid those foods and drinks. You may have other foods to add to this list of common aggravators:

   - Spices
   - Onion
   - Coffee (decaffeinated or regular)
   - Citrus
   - Peppermint
   - Carbonated beverages
   - Tomato
   - Pepper
   - Chocolate
   - Alcohol

2. Don't lie down within 3 hours of eating. When you lie down within 3 hours of eating, acid that is working to digest your food may flow up into your esophagus causing heartburn. To avoid this problem, plan an early dinner and do not snack within 3 hours of your bedtime.

3. Keep a food diary. Some people find a food diary helpful. For at least a week, write down when you eat, what you eat, and when you experience symptoms. This information can help your health care professional help you plan changes in your eating habits. The 7 day diary may help you record these details.